

Bio-Identical Hormone Replacement (BHRT) Revives Youthful Energy and Vitality While Improving Quality of Life

Griffin Medical Group – Center for Anti-Aging and Aesthetics

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The old way of thinking was that humans age, and have naturally declining hormones as a result of aging. However, there are thousands of physicians and other medical professionals who are rethinking their belief of the old aging model. The formation and rapid growth of the American Academy of Anti-Aging Medicine (A4M) since 1993 is proof of this emerging trend. The latest in medical research now indicates that the degenerative process known as aging occurs precisely **because of our declining hormones**. With bio-identical hormone replacement therapy (BHRT), many studies have shown that the effects of aging can be greatly delayed, prevented or even reversed via supplementation of bio-identical hormones, by raising your hormones back to youthful levels.

The potential uses and applications for BHRT are numerous and include the following:

- Increased energy and stamina
- Increased ability to achieve weight loss
- Improved mood and sense of emotional well-being
- Augmented metabolic rate and ability to produce body heat
- Decreased cold intolerance
- Increased libido and sexual performance
- Improved concentration
- Increased muscle mass and strength
- Improved loss of fat
- Improved skin thickness and facial complexion
- Stimulation of bone growth and strength
- Decreased muscle and joint aching
- Improved memory, cognitive and motor skills
- Improved ability to resist and reverse osteoporosis
- Decreased cancer risk
- Decreased heart attack and stroke risk
- Decreased risk of diabetes mellitus
- Decreased risk of hypertension
- Decreased anxiety and depression
- Decreased insomnia and improved restful sleep

- Decreased premenstrual syndrome symptoms (breast swelling – tenderness, bloating) and/or hot flashes
- Augmented immunity and resistance to infections
- Improved overall health and vitality

BHRT has distinct advantages over non-bio-identical or artificial hormone replacement therapy. Bio-identical hormones are by definition identical to those already found within the human body. Bio-identical hormones are therefore completely compatible within the human body and well tolerated in patients (when on a monitored, medical supervised regimen by a physician) in comparison to artificial hormone replacement or other drug therapies. Examples of bio-identical hormones that are currently in use to treat a wide variety of medical symptoms include:

- Human Growth Hormone
- Testosterone
- DHEA
- Estrogens
- Progesterone
- Melatonin
- Compounded bio-identical (T4 and T3) thyroid medications

While bio-identical hormones are steroids, they should ***not*** be confused with artificial anabolic steroids, whose abuse in an unsupervised environment have led to multiple reports of adverse side effects including kidney failure, etc. In fact, bio-identical hormones have proven to be superior to other well-known artificial hormones such as Premarin, Provera, Prempro, Synthroid, etc. The failure of Premarin, derived from pregnant mare (horse) urine, Prempro and Provera were well documented in the 2003 Women's Health Initiative (WHI) study where increased rates of cancer, cardiovascular events (heart attacks and stroke), and weight gain were among the multiple adverse side effects related to the use of the Premarin, Provera or Prempro. In this day and age, it is strange to think that horse estrogens from mare urine were once considered beneficial for a woman's body and the standard of medical care. Thankfully, much better alternatives to artificial hormones are now possible because of the availability of bio-identical estrogen and progesterone today.

Anti-aging medicine is essentially traditional medicine combined with the latest medical advances and technologies. BHRT is the cornerstone of Anti-Aging Medicine, with goals of restoring youthful levels of one's body's naturally occurring hormones to the optimal levels. The combination of

BHRT and Anti-Aging Medicine form the ultimate cutting edge in preventative medicine.

Along with BHRT, Anti-Aging Medicine achieves its goals through a multi-modal approach: patient education of proper hormonally balanced diet, adequate combination of aerobic / resistance training exercise and specific recommendations nutritional supplements tailored to the patient's symptoms. After an initial comprehensive blood analysis, specific recommendations and prescriptions for bio-identical hormones can be made upon your initial consultation to correct just about any hormonal deficiency.

Are bio-identical hormones the right solution for you? A free lecture seminar will be given at the Tustin Hospital Auditorium on Wednesday, May 17th 2006 for those who desire more information or are just curious. To request a consultation, contact Alan Glover (RSVP@griffinmedical.com) at 714-662-2711 ext. 550 or just drop by Griffin Medical Group, 1650 Adams Avenue, Costa Mesa, CA 92626.

Raised on the East Coast in Randolph, New Jersey, Dr. Yee attended and graduated from UC Berkeley with a B.A. in Biochemistry in 1990. He then graduated as an M.D. from University of Southern California School of Medicine in 1995. He began practicing General Medicine in 1996. His areas of expertise encompass Urgent Care, Occupational Medicine with a strong background in evaluation of work-related injuries. He is a proud member of the American Academy of Anti-Aging Medicine since 2005.

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